

ABSTRACT OF THE DISCLOSURE

An apparatus and method are disclosed for training a person in a technique for hitting a baseball. The disclosed batting training device comprises an integrated pivoting unit to which are attached a foot-engaging and ground-engaging member. A sealing member encircles adjacent surfaces 5 of the integrated pivoting unit which form a ball bearing housing, to keep dirt and debris away from the ball bearings. The sealing member also provides additional friction, thus increasing the resistance of the device to a pivoting motion. A method of using the device is also disclosed.